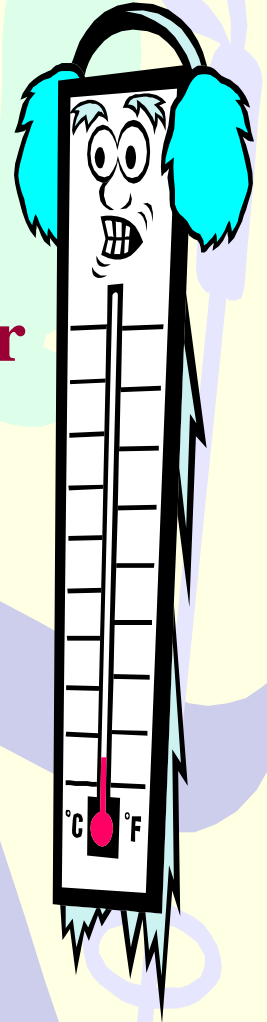


SAFETY TIPS FOR OUTDOOR ACTIVITIES

- Assess the risks of activities before you start.
- Be prepared for cold weather. Make sure your body is in top physical condition.
- Wear breathable cold weather clothing in layers.
- No alcohol while you are active.



A reminder from the 100th ASG Safety Office